

OUR THURSDAY PURE FOOD AND HOUSEHOLD PAGE

PURE FOODS AND THEIR PREPARATION, FOOD VALUES, HOUSEHOLD HINTS

Rice Need Not Be Mushy To Be Thoroughly Cooked Methods of Preparation

By ISOBEL BRANDS.

EVEN in such a small thing as buying and cooking one of the simplest of all foods—rice—there's much to be learned. For when we ask for "a pound of rice," or "a package of rice," we are likely to get one of nine varieties!

There's the very best—called "fancy head rice," then "choice," "prime," "good," "fair," "ordinary," "common," "inferior," and last of all, "screenings," the cheapest grade, having just as little value as its name implies.

But it must not be supposed that the beautifully pearly white rice is necessarily the best from a nutritive standpoint. As a matter of fact, the really best quality of rice isn't white at all, but brown. The snow-whiteness of rice comes from the polishing process, and while it beautifies the appearance of the rice, it also removes much of its nutritive qualities. The unpolished, brown rice has a richness of grain, and once tasted we become very much dissatisfied with the insipid white rice with most of its food values polished off!

In fact, extreme whiteness of rice is not a virtue, but a signal of lower food value. Greenish rice is an excellent food, but the chalky-white ground rice is by far inferior to the less white variety. Good brown rice is better food accompaniment than potatoes or many other starchy vegetables. For while potatoes are only 1.7 per cent carbohydrates—and heat and energy producers—and 1.5 per cent protein—rice contains 15 per cent carbohydrates and 5 per cent protein. Potatoes are 82.2 per cent water, while rice is only 12.3 per cent water, so that pound for pound, rice is by far the more nutritious food.

"I don't like rice. It's too mushy," I heard a little girl say. And many grown-ups object to it for the same reason. But if rice is properly cooked it's not a bit "mushy," but a really attractive dish, especially if, before serving, it is molded in a special form, pudding fashion.

Here is the Japanese way of boiling rice: The rice is washed thoroughly by pouring boiling water over it and rinsing in several changes of cold water. If one cupful of rice is to be cooked, five cupfuls of boiling water should be used. First add about one and one-half teaspoonfuls of salt to the boiling water, then add the washed rice. The saucepan is then placed at the back of the stove or over a smaller gas flame, so that it keeps on boiling slowly for about fifteen minutes longer, when it is placed inside the oven for fifteen minutes more. Then the rice will be soft, yet each grain will be separate, so that it is not served "mushy" or in unappetizing fashion.

The rice added to the boiling water stops the boiling for a time, and it can be stirred until the boiling point is again reached. But after that the rice must not be stirred. The slow fire will keep up the boiling process and prevent the rice from burning, and if too much water evaporates more boiling water can be added.

It's the stirring after the rice has reached the boiling point that breaks the grains and spoils the appearance of the dish.

Boiled rice lends itself to an infinite variety of preparations. After you've boiled it you can serve it with a tomato sauce or a meat curry, or pour over it minced fish or meat in a cream sauce. (Copy, 1916, by Newspaper Feature Service)

HOUSEHOLD HINTS

To Keep Yolk of Egg.

The yolk of an egg will dry quickly if left exposed to the air. If dropped into a cup of cold water it will keep fresh for two days.

Mending China.

To mend china successfully melt a small quantity of pulverized alum in an old spoon. Before it hardens rub the alum over the pieces to be united, press them together, and set aside to dry. They will not come apart, even when washed with hot water.

To Clean Zinc.

Take a thick slice of lemon and rub it over the stained zinc. Allow it to remain for an hour, then wash the zinc metal with soap and water. It will become clean and bright.

Hooks In Hardwood.

To put hooks in hardwood, first make a hole with a small gimlet. Then slip the handle of a knife or any small steel article through the hole and turn it until it is secure in the wood.

Hint About Pillows.

When making pillow covers of ticking rub the wrong side with paraffine. This will prevent the feathers, pine needles or fluff from working through.

Use For Pickle Vinegar.

Never throw away the vinegar in which pickles have been preserved. Use it for salad dressing instead of the ordinary vinegar. It gives a delicious flavor that cannot be obtained in any other way.

About Maple Floors.

When oiling maple floors, heat linseed oil lukewarm, remove from the fire and add half as much turpentine as linseed oil. The turpentine will keep the wood from turning dark, while the oil insures an excellent polish.

RECIPES

Lemon Buns.

Use one-half pound of self-raising flour, five ounces of butter, two ounces of sugar, rind of half a lemon, two eggs.

Put the butter into the flour, add the sugar and lemon rind. Mix all together with the well-beaten eggs. Form into rocky heaps on a buttered tin. Dust each with crystallized sugar and bake in a quick oven for ten minutes.

Soda Cake.

Use one-half pound of self-raising flour, three ounces of lard, two tablespoonfuls of sugar, two ounces of currants, one egg, one tea-spoonful of milk. Place the flour in a bowl, add the lard and rub it in to the flour with the tips of the fingers. Add the currants and sugar. Mix to a dough with the egg well beaten and the milk. Place in a well-greased dripping tin, and bake for half an hour in a moderate oven. Cut into blocks when required. A tablespoonful of vinegar added makes the cake light.

Bread Cutlets.

Should you chance to want a meatless dinner, yet have something substantial here is a recipe that can be recommended. The cutlets can be made equally well with brown or white bread, whichever you like best. The requirements are:

Slices of bread, milk, nutmeg, pepper, salt, oil or fat for frying, chopped parsley, chopped herbs, chopped lemon rind and bread crumbs. Cut the slices of bread into squares or circles about three-quarters of an inch thick. Lay them on a plate and pour a little milk on them till they are soaked, but not milk-logged and "soaky." Mix the flavoring and chopped lemon rind, parsley, and herbs with the brown crumbs which are to be used for frying.

Coat the pieces of bread lightly with egg, cover them with the flavored crumbs and fry them at once in an open pan. Serve very hot.

Stewed Steak and Tomatoes.

Take one pound of steak, two ounces of nut butter, one dessert-spoonful of half a pint of stock, 4 large tomatoes, 4 stalks of celery (shredded), and one onion. Cut the steak into small thick strips, and season with salt and pepper. Melt the butter in a saucepan, and fry the beef with the onion (minced) until nicely browned. Sprinkle the flour in the pan and stir until it is brown. Next add the stock, and let it boil for a few minutes to cook the flour. Place the tomatoes in boiling water so that the skins may be easily removed, then slice them, and add the tomatoes and shredded celery to the other ingredients.

place the lid on the pan, and simmer very slowly for one hour and a half.

Milk Soup.

The ingredients are: One pound of potatoes, two ounces of dripping, half a pint of milk, two onions, one pint and a half of water, salt and pepper, one tablespoonful of thickening.

Wash and peel salt potatoes, cut them in slices, peel and slice the onions. Melt the dripping in a saucepan, add the vegetables, and cook them in the fat for five minutes taking care that they do not brown. Then pour on one pint and a half of water, and add the pepper and salt. When this comes to the boil, well skim it, and let it boil until the vegetables are tender. Pass the soup through a wire sieve, return it to the saucepan, add the milk, and when it boils sprinkle in the thickening.

Sultana Scones.

Use 1 pound of self-raising flour, 1 salt-spoonful of salt, 2 ounces of butter and lard, 1 egg, one-half pint of milk, a few sultanas. Mix the flour and salt, and rub in the lard and butter or good dripping. Add the sultanas. Beat the egg, and with the milk mix all together into a soft dough. Turn out on to a floured board. Roll out to the thickness of half an inch, and cut this into a dozen ob-

long shapes. Bake on a greased baking tin in a hot oven for eight or ten minutes, and when nicely browned serve piled up in a hot napkin.

To Bleach White Fabrics.

White garments that have turned yellow may be bleached in the following manner: First wash them in the usual way, then plunge them into a thin, boiling hot starch which has been slightly blue. Allow them to remain in the

starch until cold, and dry them in the sunlight. Two bleachings in this manner will restore their snowy whiteness.

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